Mini One-Day Program

2019 Website Program Description

Prerequisite: None

Have you ever heard that saying, "the journey of a thousand miles begins with a single step"?

Sometimes just taking the first step of picking up the phone or sending an email is the hardest step because we're not sure what to expect.

Come to a One-Day Mini program to learn more about the Monroe Institute and the programs we offer. These introductory programs include meditation exercises throughout the day in our specially designed CHEC units, a complimentary lunch, and a tour.

I AM READY TO EXPLORE!

The One-Day Mini program schedule is:

- Arrival between 9:30 am and 10 am
- Introduction of the Hemi-Sync® technology and exercise
- Exercise in CHEC unit
- Lunch
- Exercise in CHEC unit
- Debrief and close

I AM READY TO EXPLORE!

IMPORTANT:

No application is required for this program.
Also, when you sign up we will send you instructions on how to get here.
Participants will receive a 20% discount (no cash value) good for any purchase at the TMI bookstore. Valid the day of the program only.

Note: Hemi-Sync® is a registered trademark of Interstate Industries Inc., dba Monroe Products.